



THE FRANKLIN Connection

DEC. 2017

Franklin Senior Center's Monthly Newsletter

The Franklin Senior Center

10 DANIEL MCCAILL ST.
FRANKLIN, MA 02038
PHONE: 508-520-4945
FAX: 508-520-4917

OPEN MON-FRI
8:30am - 4:00pm

[http://www.franklinma.gov/
franklin-senior-center](http://www.franklinma.gov/franklin-senior-center)

**BEN'S BOUNTY
GIFT SHOP
10AM-2PM**

**GREAT
HOLIDAY
SHOPPING!**



**Common
Grounds**

Café

Breakfast 8:30-10AM
Lunch 11:30-1:00PM



**Daily Specials On
FACEBOOK**



FranklinSeniorCenter



**BUSY BEES
HOLIDAY CRAFT FAIR
DEC. 5 & 7, 10am - 1pm**

Come on by and see the vast assortment of hand crafted items on sale for affordable prices. The Busy Bees have been working all year to create unique craft items for the holiday season and there's only two days to get your gifts. Please support the Busy Bees who help the Senior Center by providing furnishings and equipment.



**MINGLING TINSEL WITH TEARS:
COPING WITH GRIEF THROUGH
THE HOLIDAYS**

Grief can come from many different life events. A death, a divorce or break-up, loss of a job or a home, the loss of a pet. If you have been affected, join us for "Mingling Tinsel with Tears: Coping with Grief through the Holidays", presented by Cynthia Stewart of the Compassionate Care Hospice on Thurs., Dec. 14 at 10:00 am. Please call to sign up.



Drafted by James Madison, the first ten amendments, the Bill of Rights, guarantee certain rights and liberties of the American people. This presentation by Professor Gary Hylander, will examine the origin and contents of the first ten amendments and explain why, without the inclusion of a Bill of Rights, the Constitution might never have been ratified by the states. Join us for this fascinating lecture on Friday, Dec. 22 at 10:00 a.m. Please call to sign up.



FRANKLIN SENIOR CENTER ANNUAL HOLIDAY PARTY
on Friday, Dec. 15 at 11am. Tickets are \$6 and
available at the Center.



December Events...



FRI., DEC. 1: TECH HELP with HORACE MANN STUDENTS at 2pm.

MON., DEC. 4: BOOK DISCUSSION GROUP reviews *The Tea Girl on Hummingbird Lane* at 11am.

DEC. 5 & 7: BUSY BEES HOLIDAY CRAFT SALE, 10am to 1pm. Great holiday shopping!

FRI., DEC. 8: FRANKLIN PATROLMAN'S ASSOCIATION FREE LUNCHEON at the Center at 11:00 am. All Franklin seniors are welcome; home-delivered meals are also available. Call to sign up.

TUES., DEC. 12: LOW VISION GROUP meets for informal support and a Holiday Party! Please call to sign up.

TUES., DEC. 12: JOE LANDRY'S PICTURES & VIDEOS OF HISTORIC FRANKLIN at 1:00pm. Join us for a great program about the churches of Franklin over the years. Please call to sign up.

THURS., DEC. 14: MINGLING TINSEL WITH TEARS at 10am, offers positive coping strategies for grieving during the holidays. Presented by Cindy Stewart from Compassionate Care Hospice. Please call to sign up.

THURS., DEC. 14: HOLIDAY ORNAMENT CRAFT with Diana at 1:00 pm. We supply all the materials for free and holiday refreshments! See samples on display and call to sign up.

FRI., DEC. 15: TECH HELP WITH HORACE MANN STUDENTS at 2:00 pm. Learn how to use your smartphone, tablet or Facebook or Twitter! Please call to sign up.

FRI., DEC. 15: SENIOR CENTER HOLIDAY PARTY at 11:00am. A delicious Ham Dinner (substitute meal available) with the fabulous **David Polansky, Mr. & Mrs. Santa**, and a holiday sweater contest. Come by to get tickets!

MON., DEC. 18: SILVERTONES & FRIENDS HOLIDAY SINGALONG at 10:00am. Our little friends from the Early Child Development Center will join us for a Holiday Singalong with the Silvertones.

WED., DEC. 20: CHRISTMAS COOKIES & A Wii BIT OF FUN at 10:00am. We are playing Wii games, Bowling, Tennis, Golf, Fitness and others at 10:00 am. Please call to sign up.

WED., DEC. 20: SEN. RICHARD ROSS holds Office Hours at the Senior Center at 10:00 am.

FRI., DEC. 22: "THE BILL OF RIGHTS" with Gary Hylander, at 10:00am; see page 1.

THURS., DEC. 28: FRANKLIN DANCE WORKSHOP STUDENT RECITAL at 10:45 am. Don't miss this great performance; call to sign up.

NEW!!

⇒ **BRIDGE IS ALSO PLAYED ON MONDAYS** AT 1:00pm.

⇒ **BINGO NEWS: BRING A FRIEND** and get a Gift Certificate to our Café. Also, Super Bingo offered twice a month; 2nd & 4th Thursday!

⇒ **BLOOD PRESSURE & BLOOD SUGAR TESTING (BOTH!)**

OFFERED on Wednesdays, 9-11am and Thursdays, 9am - noon.



Trips & Adventures...

DEC. 6: MICHAEL BUBLE TRIBUTE ARTIST, SCOTT KEO, LAKE PEARL, WRENTHAM. Drive on your own to this terrific concert with Stuffed Chicken Breast or Baked Schrod lunch; \$69, not including transportation.

DEC. 14: MUSEUM OF RUSSIAN ICONS, CLINTON, MA More than 1,000 sacred icons and related artifacts spanning 6 centuries. Lunch at Clintons; \$11 per person includes admission & transportation.

Daily Activities...

MONDAY

9:00 AM
HAIRDRESSER/
BARBER
\$8men/\$10Women

9:00 AM
CORNHOLE

9:30 AM
MEXICAN TRAIN
DOMINOES

9:30 AM
ITALIAN
CONVERSATION
GROUP

10:00 AM
MAH JONG

11:00AM / Dec. 4
BOOK DISCUSSION
GROUP

1:00 PM
MAH JONG & BRIDGE

1:00 PM
CHAIR
VOLLEYBALL

1:15 PM
MOVIE MATINEE
(See page 6
for listings)

6:00 PM
CRIBBAGE

TUESDAY

9:00 AM
CRIBBAGE

9:30 AM
CHAIR EXERCISE
\$2 CLASS

9:30 AM
BUSY BEES

10:00 AM
SPANISH
CONVERSATION

10:00 AM
MANICURES \$8
Every other TUES.
CALL FOR APPT.

10:45 AM
CARDIO CLASS
\$3 (free for Y mbrs)

12:30 PM
LEGAL SERVICES
(3RD TUES)

1:00 PM
BINGO!!!

1:00 PM
QUILTING

1:00 PM
CRIBBAGE
INSTRUCTION

1:00 PM
CHESS / 1ST & 3RD
TUESDAY

WEDNESDAY

9:00 AM
TRAILBLAZERS
WALKING CLUB

9:00 - 11:00 AM
BLOOD PRESSURE
& SUGAR TESTING

10:00 AM
QUILTING
KNITTING
SCRABBLE
TRIVIA TIME:
1st & 3rd Wed

CHAIR YOGA/\$3
MEDITATION/\$2

S.H.I.N.E.; HEALTH
INSURANCE
COUNSELLING

12:30 PM
HAIRDRESSER/
BARBER
\$8men/\$10Women

ZUMBA \$3
(free for Y mbrs)

1:00 PM
LINE DANCING \$2

1:00 PM
CHAIR VOLLEYBALL

1:00 PM
SENIOR
SCRIBBLERS
WRITING GROUP

4:00 PM
CAREGIVERS
SUPPORT GROUP
2ND & 4TH WED

THURSDAY

9:00 AM
BRIDGE

9:00 AM-12:00 PM
BLOOD PRESSURE
& SUGAR TESTING

9:00 AM
CRIBBAGE

9:30 AM
BUSY BEES

9:30 AM
CHAIR EXERCISE
\$2/CLASS

10:00 AM
DISCUSSION
GROUP

10:45 AM
CARDIO CLASS \$3
(free for Y mbrs)

1:00 PM
OPEN ART STUDIO

1:00 PM
BINGO!!!

1:15 PM
TAI CHI \$5
(free for Y mbrs)

FRIDAY

10:00 AM
WOODCARVING

10:30 AM
REIKI;
\$20 FOR
15 MINUTES;
1st & 3rd FRIDAYS
Call for appt.

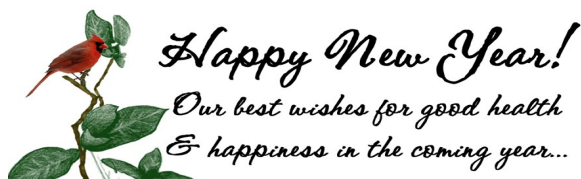
11:00 AM
ZUMBA CLASS \$3
(free for Y mbrs)

12:30 PM
T.O.P.S.
TAKING OFF POUNDS
SENSIBLY,
\$32/YEAR DUES

1:00 PM
POKENO

1:00 PM
PODIATRY CLINIC
1ST & 3RD FRIDAYS

2:00 PM
SILVERTONES
CHORAL GROUP



HOME DELIVERED MEALS, CALL:
TRI-VALLEY, INC., 1-800-286-6640

TRANSPORTATION, CALL:
KIESSLING TRANSIT, 1-800-698-7676

Ongoing & Upcoming...

- ♦ **CRIBBAGE ANYONE??** We play on Tuesday & Thursday mornings at 9 am, and on Monday evenings at 6pm. We also offer cribbage lessons on Tuesdays at 1pm. Join us!
- ♦ **COMPUTER CLASSES** - Individualized instruction is available at the Center; \$15 for 6 weeks.
- ♦ **VALENTINES JAZZ BRUNCH** is planned for Friday, February 9!!
- ♦ **CONVERSATIONAL SPANISH & ITALIAN ARE FREE AND FUN!** Learning a new language is one of the best brain exercises.
- ♦ **WELCOME TOURS** are now available; please call to schedule one.
- ♦ **FRANKLIN RADIO is at 102.9FM** and it features music from the great American Songbook. Tune in and enjoy!



WELCOME NEWCOMERS!!!

Your first visit to any of our classes is FREE! Come by today and learn more!

*The Senior Center will be closed
on Mon., Dec. 25, &
Mon., Jan. 1.*



HAPPY HOLIDAYS!



Caregivers Corner...



THE SUNSHINE CLUB offers frail elders individual attention and socialization. Fun activities, lively discussions and gentle exercise make for a stimulating day. If you care for a loved one who is frail, socially isolated, or has dementia, call Carol Adiletto or Donna Haynes at (508) 520-4945.

COMPANION CAREGIVERS RESPITE PROGRAM: We offer a screened, trained Companion to stay with your loved one so you can have some time off. Our rates are affordable at \$10 or \$12 per hour. This provides socialization and stimulation for your loved one and respite for you. The first visit is free! Call 508 520-4945.

CAREGIVER'S SUPPORT GROUP is offered on Dec. 13th & 27th at 4:00 p.m. Participation in the Supportive Day Program is not required for this group. Respite care for your loved one is available; just call to sign up for respite care for the meeting.



VISION IMPAIRED?

The Stella Jeon

Low Vision Training Center

provides free training on equipment and services to help you with daily tasks like: shopping, cooking, travel, banking, and more. Our low vision training program offers one-on-one classes and state-of-the-art equipment.

Call Maggie at: 508-520-4945

-This program is funded by the Massachusetts Association of Councils on Aging-

In Appreciation...

- **The Franklin Fire Department** for assisting with our health clinics.
- **Friends of Franklin Elders** for providing entertainment at our October and November parties.
- **Kevin Petriello** for earning his Eagle Scout badge by landscaping our new parking lot and our front gardens.
- **Hillside Nursery, Lowes of Plainville, Franklin DPW and Petriello Family** for contributing to the Kevin Petriello's Eagle Scout project.
- **The Franklin Senior Center Cribbage Club** for a generous donation in memory of **Art Morrell**.
- **Norfolk County District Attorney's Office** for providing free shredding services to Franklin's seniors.
- **Marie Murphy, Janice Cederquist, Marge Hanavan, Alice Rettman, Donna Tannous, Ivan Callison, Ginny Kelly, Jeanne Blanchard, Eleanor Ficco, Sue Gurrie, Catherine McNiff, Judy Green, Elaine Rossetti, Jerry Berger, Dolores Slatkovitz, Barbara McLocklan, Irene Mahr, Ann Morash, Peg Duran, Ann Lavoie, Shannon Gain, Jay Kruza, Angie Morano, Sara Sheiber, Carol Ellsworth, Fran Massarine, Ken Mu'chaw, and Karen Walsh** for donating items to our Gift

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Information & Referral...



AARP SPECIAL ALERT!!

The Equifax Breach, What You Need to Know:

Recently, Equifax, one of the nation's three major credit bureaus, announced that a data breach likely compromised the information of approximately 143 million Americans. As a credit-reporting agency, Equifax collects information about consumers and how we handle our financial obligations. Equifax and other credit bureaus sell this information to lenders and credit-scoring companies to determine our eligibility for loans and lines of credit, and even employment. The data these agencies collect include our Social Security and credit card account numbers. Even if you don't think you're a customer of Equifax and you don't bank online, you still may be affected. To find out if the breach may affect you, visit www.equifaxsecurity2017.com. Read "A Progress Update for Consumers" while you're there, to get clarification on issues surrounding the company's offer for free credit monitoring for a year and implications for signing up for the service. Regularly review your credit reports, and look for unauthorized activity. You can order a report from each credit bureau once every 12 months at www.annualcreditreport.com.

- ♦ Consider placing a credit freeze on your file to prevent identity thieves from opening a new account in your name. Depending on the state in which you live, the bureaus may charge a small fee for this service. You will have to request to lift the freeze when you apply for credit.

Equifax — 1-800-349-9960; **Experian** — 1-888-397-3742; **TransUnion** — 1-888-909-8872

- ♦ Monitor your credit card and bank statements, because a credit freeze won't stop a thief from unauthorized use of your existing accounts. Be wary of any emails appearing to come from Equifax – they may be from scammers trying to get additional information. For questions about identity theft or other types of fraud, call the AARP Fraud Watch Helpline at 1-877-908-3360.

FUEL ASSISTANCE SEASON IS HERE! To get help with heating costs this year, call to make an appointment to complete a Fuel Assistance application. If your gross annual income is below \$34,380 for a household of one or \$44,958 for a two-person household, you may qualify. You may qualify if you rent in non-subsidized housing.

MEDICARE OPEN ENROLLMENT THRU DECEMBER 7: Open enrollment happens once a year, when **ALL** Medicare beneficiaries should review their health insurance and prescription drug plans. The plans can change their doctor and hospital networks and what drugs they cover, the cost of drugs and what their preferred pharmacies are. All of these factors can affect you greatly!! Avoid potential problems by reviewing your Medicare health insurance options during this period. Call for a SHINE appointment if you need help; **the deadline is December 7!**

Monday Matinee



Free Mondays & Popcorn at 1:15 pm

Dec. 4: THE GLASS CASTLE(PG13) A young woman, influenced by the joyfully wild nature of her dysfunctional father carves out a successful life on her own terms; with Woody Harrelson & Brie Larsen.

Dec. 11: THE WIZARD OF LIES (PG-13) This drama chronicles Bernie Madoff's stunning downfall in 2008 for defrauding investors of over \$65 billion; with Robert DeNiro & Michelle Pfeiffer.

Dec. 18: ELF (PG) After inadvertently wreaking havoc on the elf community due to his ungainly size, a man raised as an elf at the North Pole is sent to the U.S. in search of his true identity; with Will Ferrell & Ed Asner.

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strengthening the same communities
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FRIENDS OF FRANKLIN ELDERS, INC.

The Friends of Franklin Elders, Inc. (FOFE) is a private, non-profit organization whose purpose is to provide funds for programs, services, and equipment for the Franklin Senior Center that cannot be provided by state or local government. The Friends raise funds through membership fees, donations, and special events. Our next meeting is Friday, January 26 at 10:00 am.

You are welcome to attend!

MANY THANKS

...to those of you who purchased tickets for the Lottery Ticket Drawing! Your support is greatly appreciated!



DONATIONS

*Brenda J. Hutchinson in memory of
George F. Hutchinson*

*Byrne Financial Freedom, LLC.,
for a generous donations*

*Joe & Frances Bertone in memory of
Donald DeBaggis*

*Marie Dalo in memory of
Steve Dalo*

*Nicoletta DiNunzio in memory of
Maria Sebastiano DiNunzio,
Concetta & Giovanni Coporelli*

MEMORIAL DONATION FORM

NAME: _____

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TOWN: _____ ZIP: _____

In Memory of: _____

Acknowledgement to: _____

FRANKLIN CONNECTION NEWSLETTER*

NAME: _____

ADDRESS: _____

TOWN: _____ ZIP: _____

*Mailed to Franklin Residence Only. Or Sign Up for Our Online Newsletter, automatically sent to your email account monthly!

Friends of Franklin Elders, Inc.

Paula Lombardi, Chair	Jodi Kanadanian
Marge Capezza, Secretary	Judy Pfeffer
Julie Garilli, Treasurer	Helen Power
Ron Higginbottom	Nan Rafter
Sheila Hooper	.

FRANKLIN COUNCIL ON AGING

Officers:

Chairman..... Ken Norman
Vice-Chairman.....Bob Crowley
Secretary.....Lyn O'Brien

Members:

Gail Chirdon, Mary Hick, Ron Higginbottom,
Janet Milici, Suzanne Wade & Lester Quan

Staff:

Certified DirectorKaren Alves
Program Coordinator.....Sue Barbour
Vet's Agent.....Dale Kurtz
Social Svc. Coordinators.....Maggie Gundersen
& Erin Rogers
Supportive Day Coordinators.....Carol Adiletto
& Donna Haynes
Supportive Day Program Asst...Karen Calabrese
Health & Wellness Nurse.....Linda Hastings
Receptionists.....Claire Lewis
& Gloria Gelineau
Grill Cook.....Paul Ledwith
Respite Supervisor.....Camille Rubino
Respite Companions.....Susan LaRosa
& Diana Vandekerkhoff
Driver.....Lorraine Rojee

The Franklin Connection is distributed with funds provided by the Executive Office of Elder Affairs, and the Friends of Franklin Elders, Inc.

Friends of Franklin Elders, Inc.
c/o Franklin Council on Aging
10 Daniel McCahill Street
Franklin, MA 02038

Pre-Sorted
Standard
Franklin, MA
Permit No. 13

Franklin Senior Center

"Independence, Engagement & Connection!"

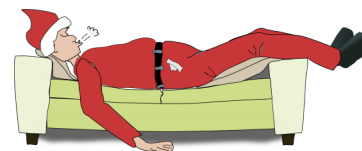
The Franklin Council on Aging meets on the second Tuesday of the month at 10 :00 a.m. This is an open meeting; the public is invited to attend.

The mission of the Franklin Council on Aging is to enhance the independence and quality of life for Franklin older adults by:

- ◆ Identifying the needs of this population and creating programs that meet those needs.
- ◆ Offering the knowledge, tools and opportunities to promote mental, social and physical well-being.
- ◆ Advocating for relevant programs and services in our community.
- ◆ Serving as a community focal point for aging issues and as liaison to local, state and Federal resources for older adults and their families.

AND ON THE LIGHTER SIDE...

HOLIDAY FUN



- Christmas can be challenging when you get older. It's like, "What do you want this year?" I don't know; financial security? A career? A sense of purpose? A nap would be nice.
- The tree isn't the only thing that's getting lit this year!
- Dear Santa: I've been good all year. Most of the time. Once in a while. Never mind. I'll buy my own stuff.
- Christmas Tip: Wrap empty boxes and when your kid misbehaves, throw them in the fire.
- I rejoice in the fact that no matter how much I eat over the holidays, my jewelry will still fit.
- Twas the night before Christmas and all through the house, everyone was on their phone.
- He sees you when your sleeping. He knows when youre awake. He knows if you've been good or bad... Because you share too much on-line!
- It just isn't Christmas unless you push your body to the brink of alcoholism and diabetes!
- Two wiseman to the third wiseman: "We'll bring him gold and frankincense." The third wiseman: "But wait, there's myrhh!"